



Guidelines for Walkers

1. Please ensure that you are fit enough to undertake the walk. If you are concerned whether the walk is suitable for you, please contact the walk leader prior to joining the walk.
2. At the start of the walk please listen to what the walk leader has to say about the walk, paying particular attention to any instructions or advice given.
3. Please ensure you know who is leading the walk and who is the backmarker – do not go in front of the leader, nor fall behind the backmarker during the walk without their agreement.
4. **Please ensure that any walkers behind you see which way you have gone before you disappear out of sight.**
5. Take care not to trespass. When crossing fields with crops, walk only on the path provided, which may only be a single file path.
6. Each walker is expected to behave responsibly and to show consideration for others to minimise the risk of accidents.
7. A small first aid kit is advisable for personal use.
8. If you have knowledge of first aid, please inform the walk leader in case help is required.
9. Any accident or injury must be reported to the walk leader.
10. If you intend to leave the walk early, please advise the walk leader before the start of the walk, and prior to leaving the group during the walk.
11. As most of the walking is off-road, it is necessary to wear suitable footwear (walking boots) and to bring the right outdoor clothing on the walks to contend with the changeable weather (waterproof jacket, waterproof over-trousers, spare fleece or pullover, hat and gloves, sunglasses, etc. may be required at different times) – a small rucksack is ideal to carry these items.
12. All walks will have a coffee break and the longer walks will also have a lunch break (the walk details sheet will indicate if a lunch break is planned). Please bring refreshments as required to cater for the planned breaks. A water bottle is a sensible item to carry on any walk.
13. If the walk includes a visit to a pub or tea shop, muddy boots should be removed or covered before entering the premises.
14. When parking cars, care should be taken not to create noise or annoyance to local residents. Park so that there is no danger to other road users or pedestrians. Take care not to obstruct driveways or entrances to fields.
15. Where possible members are asked to consider car sharing in case of restricted parking.
16. Member's guests are welcome to join our walks, but they must inform the walk leader before the walks starts. Each guest must provide their details on the Guest Walkers Form held by the walk leader. Guests are allowed to do two walks with the club, after which they are required to join the club.
17. Dogs are not permitted on walks, with the exception of guide and assistance dogs.

**Follow the Country Code and remember –
"Take only memories, leave only footprints"**

**Should you require any further information please speak to a member
of the committee or email: walking@solihull-pathfinders.club**